

## 2005 SEATTLE SPRINTS

Saturday, April 16<sup>th</sup>, 2005  
Stan Sayres Park on Lake Washington  
Seattle, Washington

**Regatta Meeting:** The Coaches and Coxswains Meeting will be held at Mt. Baker Rowing and Sailing Center at **7:00am**. The course will be reviewed, traffic pattern discussed, any final schedule changes announced and words from our Chief Referee. All teams are asked to have a representative at the meeting. It will be held near the restrooms, below the balcony. It is for your team's safety that someone attends. **BE ON TIME! PLEASE DO NOT BE LATE!**

**Regatta Rules and Definitions:** This regatta will follow the 2005 USRowing Rules of Boat Racing. Additional rules respective to lightweight, age averaging requirements, handicapping, etc. can be found in the first mailing and/or available for review at the awards table.

**Bow Numbers and Bow Balls:** All boats must have bow numbers and bow balls. Boats without bow balls will not be allowed to launch. Boats without bow numbers may not be allowed to race. (Please bring your own bow numbers, we will not be providing them). There will be a number of limited sets on sale, \$20)

**Boat Trailers:** Please plan to arrive on Saturday as there is no Friday night security on site! We do have limited secure overnight parking for out-of-town trailers only, about 5 minutes away from the regatta site. Overnight parking available between 4:30pm and 7:00pm on Friday. Call for directions and reservations.

**Parking Information:** Trailers and vehicles with boats will be given priority parking near the facility until 7:00am. After 7:00am, the parking lot will become available for LEGAL single vehicle parking. **DO NOT PARK** on Lake Washington Blvd or in Genesee Park itself, unless otherwise directed. Additional parking is located on 43rd Ave S (park diagonally) and south on Lake Washington Blvd appx. ½ mile. Cars parked illegally on Lake Washington Blvd. S. will be ticketed and possibly towed. Please note that other special events are planned for the same day in the Seward Park area and plan accordingly. Carpool – save money and gas.

**Concessions:** Hot - cold food and beverages available throughout the day. Food sustenance brought to you by Mt. Baker Junior Parent Volunteer Organization.

**Merchandise:** Historical Seattle Sprints T-shirts available. 2005 memorable Seattle Sprints T-Shirts will be on sale throughout the day. Limited edition. Other gear will also be on display for sale; hats, water bottles, bow numbers, etc.

**Awards:** Commemorative First Place Medals, 2<sup>nd</sup> and 3<sup>rd</sup> place ribbons will be awarded to crews based on the events listed on the race schedule. Please remember: If a race has 'HDCP' under the decade, the race will be handicapped per USRowing Handicap adjustments. Otherwise, all other events will not be handicapped. Awards may be picked up as soon as results are posted. Results will be posted at several locations throughout the facility. Please be patient with the tabulation and posting of results.

**Weigh-ins:** Weigh-ins will be on the honor system! If the weight of a crew and/or coxswain is questioned, the entire boat will be weighed-in at the bottom of the stairwell within 30 minutes of your race's completion. Any crew not meeting the weight requirement will be disqualified from the race and not receive any awards.

**Changes, Additions and Scratches:** Call Mount Baker Rowing at (206) 386-1913 **by Thursday, April 14<sup>th</sup> by 12:00noon** if you have any changes in your entries. Boats will be allowed to add until available lanes are filled. Changes or scratches must be turned in at the Saturday morning meeting prior to racing. A scratch fee applies to **NO SHOWS** on Race Day as well.

**Remember:** Safety First! All competitors must be competent swimmers. It is the responsibility of each competitor to check with their health care provider as to any physical limitations. They must all be able to successfully complete a swim test.

**USRowing Release Waivers:** Please submit your Waiver forms as soon as possible. You will not be allowed out on the water without one on file. Since we are not requesting line-ups, we request your release forms for participation in the regatta. If your competitors are registered and have signed a release form directly with USRowing, please provide that list as your club's waivers. Thank you.

**Updated Information & Schedule:** Can be found on our website:  
<http://www.cityofseattle.net/parks/boats/Mtbaker.htm> The schedule will be updated as frequently as possible. The last schedule will be posted on Friday morning with any Thursday changes.

If there are any questions regarding the schedule, please call as soon as possible, (206) 386-1913. We would rather make age changes prior to the Meeting. If racing more than once, check your turn around time closely, we cannot hold up the races.

Remember: this is a 1500 meter race so more time will be required to get up to the starting line.  
Races will not be held for you!

**Remember:** Individual entry fees, changes and/or scratches must be paid before racing!

**THANKS TO** all our volunteers and sponsors for their continued support of Seattle Sprints!

Seattle Parks and Recreation, Seattle Harbor Patrol, Mt. Baker Boating Advisory Council, Mt. Baker Adult and Junior Crew and associated parents; Conibear Rowing Club, USRowing Judge/Referees, & our neighborhood community